

Guarida Community Cafe

Menu 4 – Vegetarian menu



1. Fried basmati rice

Fried in olive oil, salt, garlic and bay leaves



2. Jollof rice

A delicious spicy rice, traditionally from Ghana



3. Fried rice with fresh vegetables and prawns

Basmati rice fried to perfection with prawns, broccoli, spring onions, parsley and sesame oil



4. Couscous

With mixed vegetables, pesto sauce, garlic, fresh herbs and sesame oil



5. Vegetable curry

Sweet potatoes, pumpkin, yam, cassava, parsnip, carrots, cabbage and other vegetables in a creamy sauce with aromatic Indian spices



6. Typical Brazilian pie

With mixed vegetables, fresh herbs and Caribbean spices



7. Vegetables pancakes

Cabbage, mushrooms, onions, garlic, fresh herbs, pesto sauce, cherry tomatoes, mixed peppers, courgettes and a creamy stilton cheese sauce



8. Chunky ethnic vegetable soup

A rich and heartwarming soup made with ethnic vegetables and served with a selection of bread



9. Vegetarian lasagne

Green and white pasta with tomato, fresh herbs, onions and garlic, swede, carrot, coriander and Caribbean spices



10. Plain salad bowl

Mixed leafy salad with or without dressing



11. Mixed fried vegetables

Traditional Brazilian dish made from broccoli and cauliflower, eggs and bread crumbs, fried to perfection and served with a variety of dips